

## TRAIL 45K

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	POS.	P.CAT.	CONTROL	POS.	P.CAT.	META	
1	1	177	JOSE MANUEL CASADO MENDEZ	MALE	Sen - Masc	Clube Atletismo Vía XVIII Maceda	1	1	01:43:51.853	1	1	04:41:02.077	06:15 min/Km
2	2	156	FERNANDO DE SOUSA FERNANDEZ	MALE	Sen - Masc	A.D Vega de espinareda	2	2	01:47:07.390	2	2	04:59:21.240	06:40 min/Km
3	3	163	FRANCISCO JOSE GODOY ROMERO	MALE	Sen - Masc	Club Arista	3	3	01:49:49.443	3	3	05:07:30.247	06:51 min/Km
4	4	172	JOAQUIN DOBARRIO ROMASANTA	MALE	Sen - Masc	RUNNING SPORT TRAIL	5	5	01:52:29.803	4	4	05:09:46.723	06:54 min/Km
5	5	194	PABLO CASTRO	MALE	Sen - Masc	Evasion Mallorca Trail	4	4	01:52:00.973	5	5	05:20:00.567	07:07 min/Km
6	1	186	MARCOS EGUIA LOUZAN	MALE	Vet - Masc	CASTRELOS 20-30	9	3	02:02:44.157	6	1	05:39:52.000	07:34 min/Km
7	6	169	JESUS MANUEL PASANDÍN GARCÍA	MALE	Sen - Masc	CLUB Atletismo Sada	6	6	01:57:12.467	7	6	05:42:54.133	07:38 min/Km
8	7	164	GONZALO COMESAÑA ESTEVEZ	MALE	Sen - Masc	TRAIL RUNNING NIGRAN	10	7	02:03:59.470	8	7	06:02:16.997	08:04 min/Km
9	2	165	HUGO ARIAS ALVAREZ	MALE	Vet - Masc	CDM Xesteiras	8	2	02:01:32.410	9	2	06:06:18.910	08:09 min/Km
10	3	157	FERNANDO LAGO CASTRO	MALE	Vet - Masc	Coutadas Trail Team	12	4	02:04:48.927	10	3	06:09:50.450	08:14 min/Km
11	8	197	ROBERTO MENDEZ CUADRADO	MALE	Sen - Masc	INDEPENDIENTE	11	8	02:04:19.190	11	8	06:13:26.667	08:18 min/Km
12	9	190	MIGUEL ORTIZ DOMINGUEZ	MALE	Sen - Masc	TROTADAS VALDEORRAS	14	9	02:07:34.463	12	9	06:13:29.487	08:18 min/Km
13	4	160	FRANCISCO DAVID GARCIA FERNANDEZ	MALE	Vet - Masc	INDEPENDIENTE	13	5	02:05:45.603	13	4	06:15:05.047	08:21 min/Km
14	10	201	SAMUEL CURRO FERNÁNDEZ	MALE	Sen - Masc	Cacharoza Racing Club	16	11	02:12:15.547	14	10	06:26:19.337	08:36 min/Km
15	11	148	BERNARDO CARRERA GIRALDEZ	MALE	Sen - Masc	TRAIL RUNNING NIGRAN	17	12	02:12:17.287	15	11	06:27:48.243	08:38 min/Km
16	5	140	ADOLFO FERNANDEZ DOCASAR	MALE	Vet - Masc	RUNNING SPORT TRAIL	51	18	05:18:15.067	16	5	06:31:03.257	08:42 min/Km
17	12	191	MIGUEL RODRIGUEZ FERREIRO	MALE	Sen - Masc	ASALTAMONTES RUN 04	21	15	02:26:20.190	17	12	06:35:07.657	08:47 min/Km
18	13	167	JAVIER FERNÁNDEZ RODRÍGUEZ	MALE	Sen - Masc	INDEPENDIENTE	23	17	02:26:25.003	18	13	06:35:07.837	08:47 min/Km
19	14	182	MANUEL DOMINGUEZ DE LA FUENTE	MALE	Sen - Masc	ASALTAMONTES RUN 04	22	16	02:26:22.270	19	14	06:35:08.117	08:47 min/Km
20	15	175	JOSE ANTONIO DOMINGUEZ PEREIRA	MALE	Sen - Masc	TRAIL RUNNING NIGRAN	15	10	02:08:25.323	20	15	06:42:06.993	08:57 min/Km
21	6	161	FRANCISCO FUENTES CASTRO	MALE	Vet - Masc	INDEPENDIENTE	18	6	02:12:56.407	21	6	06:42:15.483	08:57 min/Km
22	7	168	JAVIER GENDRE FERNANDEZ	MALE	Vet - Masc	INDEPENDIENTE	24	7	02:26:26.827	22	7	06:47:45.290	09:04 min/Km
23	16	185	MARCOS DAPOZA ALONSO	MALE	Sen - Masc	TRAIL VETERANOS OURENSE	30	22	02:38:30.730	23	16	06:54:06.103	09:13 min/Km
24	17	143	AMANDO MÁRQUEZ SIXTO	MALE	Sen - Masc	Víthas hospital Santa catalina	25	18	02:34:53.220	24	17	06:57:02.170	09:17 min/Km
25	18	171	JESUS VAZQUEZ MOREIRA	MALE	Sen - Masc	INDEPENDIENTE	19	13	02:16:14.250	25	18	07:02:17.797	09:24 min/Km
26	19	179	JUAN LEGASPI DIAZ	MALE	Sen - Masc	CROSSFIT OURENSE	28	21	02:38:26.713	26	19	07:11:44.613	09:36 min/Km
27	20	166	JAVIER CONDE GONZALVO	MALE	Sen - Masc	CROSSFIT OURENSE	27	20	02:38:24.873	27	20	07:11:44.827	09:36 min/Km
28	21	149	BORJA LAGO NODAR	MALE	Sen - Masc	INDEPENDIENTE	32	23	02:39:32.243	28	21	07:13:29.367	09:38 min/Km
29	8	174	JOSE ANTONIO PÉREZ FÉRNANDEZA	MALE	Vet - Masc	ASALTAMONTES RUN 04	7	1	01:57:32.513	29	8	07:14:59.560	09:40 min/Km
30	9	200	SALVADOR NAVARRO MUNICIOR	MALE	Vet - Masc	G.M. Ensidesa Gijón	34	10	02:39:43.573	30	9	07:16:36.073	09:43 min/Km
31	22	205	VICTOR ANDRÉS ALMENDÁRIZ	MALE	Sen - Masc	A.D. Fogar	26	19	02:36:51.930	31	22	07:24:27.290	09:53 min/Km
32	23	199	RUBEN ESPADAS TREJO	MALE	Sen - Masc	INDEPENDIENTE	33	24	02:39:34.550	32	23	07:24:27.670	09:53 min/Km
33	10	146	BENIGNO VARELA LOUREDA	MALE	Vet - Masc	Egouarros Viveiro	31	9	02:39:30.180	33	10	07:25:43.567	09:55 min/Km
34	24	147	BENJAMIN BLANCO DURAN	MALE	Sen - Masc	AVIVA SPORT CLUB	20	14	02:23:51.537	34	24	07:36:58.877	10:10 min/Km
35	11	158	FERNANDO REBANAL ALFAYA	MALE	Vet - Masc	TROTADAS VALDEORRAS	38	12	02:42:28.907	35	11	07:38:52.300	10:12 min/Km
36	25	184	MARCOS ANTONIO TROITIÑO PICÓN	MALE	Sen - Masc	INDEPENDIENTE	36	26	02:39:46.447	36	25	07:41:47.323	10:16 min/Km
37	12	180	LEOPOLDO MARTINEZ VAZQUEZ	MALE	Vet - Masc	TRAIL VETERANOS OURENSE	29	8	02:38:29.437	37	12	07:50:01.200	10:27 min/Km
38	13	170	JESUS MIGUEL ÁLVAREZ QUIROGA	MALE	Vet - Masc	AVIVA SPORT CLUB	37	11	02:40:01.773	38	13	08:01:04.043	10:42 min/Km
39	26	188	MIGUEL ANGEL GARCIA LOPEZ	MALE	Sen - Masc	Pena Tallada	35	25	02:39:44.970	39	26	08:14:59.053	10:60 min/Km
40	1	203	TERESA PRIOR MORCILLO	FEMALE	Vet - Fem	Evasión Mallorca Trail	41	1	03:03:05.107	40	1	08:23:58.640	11:12 min/Km
41	14	155	EZEQUIEL CASTILLON MELGUIZO	MALE	Vet - Masc	Union Deportiva Vegetariana	40	13	02:55:21.557	41	14	08:36:03.627	11:29 min/Km
42	27	192	MODES NAVAS	MALE	Sen - Masc	AVIVA SPORT CLUB	39	27	02:47:21.960	42	27	08:49:50.913	11:47 min/Km

## TRAIL 45K

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	POS.	P.CAT.	CONTROL	POS.	P.CAT.	META	
43	15	193	OSCAR QUIROS CASAPRIMA	MALE	Vet - Masc	AVIVA SPORT CLUB	44	16	03:19:29.570	43	15	10:03:48.050	13:26 min/Km
44	28	181	LUCIANO BONFICO	MALE	Sen - Masc	Vegan Argentina Running Team	47	29	03:43:45.263	44	28	10:23:26.513	13:52 min/Km
45	1	196	RAQUEL ESPÍÑEIRA FERNANDEZ	FEMALE	Sen - Fem	ADN Astur	46	1	03:40:00.760	45	1	11:02:22.940	14:44 min/Km
46	29	141	AITOR IZQUIERDO ORDAX	MALE	Sen - Masc	ADN Astur	45	28	03:39:57.967	46	29	11:02:29.313	14:44 min/Km
47	30	153	DIEGO NOVELLE PRADO	MALE	Sen - Masc	ASALTAMONTES RUN 04	49	30	03:44:23.600	47	30	11:02:31.410	14:44 min/Km
48	16	202	SERAFIN PASCUAL CANAL	MALE	Vet - Masc	ASALTAMONTES RUN 04	50	17	03:44:23.660	48	16	11:02:33.470	14:44 min/Km